

BOXIM

Cardia. Folds 11 to 5 direction

Finger down (lesser curvature)

Push 10cm and boots up (lower body)

Push 10cm and maximal up (angle)

Boots down (greater curvature)

Bock 10cm (cardia)

Rotate

Push 10 cm to angle level

Boots up (angle horizontal)

Release and 10cm back (lower body)

Drop and 10cm back (cardia)

Up and counter-clockwise twist (fundus)